

# *YOGA FOR THE LOWER BACK*

## A Workshop With **JOAN HYMAN**

YogaWorks Pasadena

Saturday, July 25

1:30 - 4:30pm

\$45 early bird; \$55 day of

- **Understand the anatomy of your spine and the muscles that support the lower back and sacrum.**
- **A strong foundational practice with the focus on standing postures, simple backbends, and hip openers. We will end with pranayama and deep relaxation.**
- **Learn to read bodies and understand how to heal your lower back through yoga.**



*Joan spent 15 years as a distinguished YogaWorks Senior Teacher. Now with over twenty years' experience leading retreats, trainings, and international workshops, Joan continues to travel the globe leading her own signature trainings. In addition, Joan partners with yoga schools throughout the world on their teacher training programs.*

